

## Interscholastic



# Eligibility Committee Meetings

Eligibility Committee meetings will be held on:

- September 11, 2015;

- November 10, 2015; and
- March 8, 2016.

## SATs, Other Activities May Conflict

The MPA asks administrators, counselors, and coaches to plan ahead and advise students of possible conflicts they may encounter among the following ACT, PSAT, and SAT testing dates, graduation dates, athletic tournaments, and other activities. Students may want to schedule their tests on alternate dates to avoid missing participation in a valued activity.

### PSAT/NMSOT

|                  |                  |
|------------------|------------------|
| October 14, 2015 | No MPA Conflicts |
| October 28, 2015 | No MPA Conflicts |

### SAT/Achievements

|                  |   |
|------------------|---|
| October 3, 2015  | No MPA Conflicts  |
| November 7, 2015 | Soccer Boys' and Girls' State Finals                              |
| December 5, 2015 | No MPA Conflicts  |
| January 23, 2016 | Cheerleading Regional Competition                                 |
| March 5, 2016    | No MPA Conflicts  |
| May 7, 2016      | (Required for Juniors) No MPA Conflicts                           |
| June 4, 2016     | Outdoor Track State Championship Meets and Team Tennis Semifinals |

### ACT Test/National Test Dates

|                    |  |
|--------------------|--|
| September 12, 2015 | No MPA Conflicts   |
| October 24, 2015   | Field Hockey Semifinals, Cross Country Regional Championships, Volleyball State Quarterfinals, and Soccer Boys' Regional Prelims                 |
| December 12, 2015  | No MPA Conflicts   |
| February 6, 2016   | Cheerleading State Competitions, Swim Last Qualifying Meet, Girls' Ice Hockey Semifinal Game, and Wrestling Regional Meets                       |
| April 9, 2016      | No MPA Conflicts   |
| June 11, 2016      | Baseball and Softball Regional Semifinal Games, Outdoor Track NE Championships, Lacrosse Regional Semifinals, and Tennis State Team Championship |

Spring tournament sites and schedules have been set. **If you schedule graduation or senior activities on June 4 or 11, please be prepared for a major conflict.**

## Notes and Updates

**MPAAwards**—The official supplier of MPA awards is Dinn Bros., Inc. of West Springfield, MA. To order replacement or replica awards please contact Mike Dinn at 1-800-628-9657 or by e-mail—mkdinn@dinntrophy.com.

**Mileage Rate**—The mileage rate for the 2015-2016 school year will remain at \$.44/mile.

**REMINDER - - Post-Season Qualification**—The number of teams qualifying for post-season play remains at 67%, rounded up to the next whole number, in all Heal Point sports with the exception of field hockey where the number of teams qualifying will be 67% or 8, whichever is greater.

**Liability—Emphasis on Mandatory Safety Equipment**—A reminder that safety items such as mouthpieces, goggles, helmets, or other such safety items must be worn appropriately. It should also be the expectation that these safety items be used in practice and pre-game warm-ups. Failure to use mandated safety equipment could cause a serious liability issue for a school, administration, and coaches.

**Golf Tournaments**—The 2015 golf tournaments for Teams are on October 10, 2015 and Individuals on October 17, 2015. Each league's tournament director is responsible for submitting the qualifying teams and individuals online.

**Swim**—The Speedo LZR Racer X swimsuit meets NFHS compliance. The members of the NFHS Swimming and Diving Rules Committee reviewed the construction and design of the suit in context with Rule 3-3-3. This suit is considered compliant with NFHS rules.

**Uniform Waiver**—Schools hosting "Cancer Awareness" events in which commemorative uniforms, shorts, T-shirts, or socks that don't meet NFHS uniform guidelines must request a uniform waiver of the individual MPA Sport Committee. The MPA supports these efforts by member schools.

(Continued on Page 2)

## Notes and Updates . . . (Continued from Page 1)

**Transfer Waiver Form**—A reminder that when a student transfers without a corresponding change of address by the student and parent, a transfer waiver form must be completed. Students of divorced or separated parents are not permitted to move between households without an approved waiver form. Students attending the school with a superintendent's agreement or commissioner's overrule must also complete a transfer waiver form.

**Underage Sideline Personnel**—Athletic administrators and coaches are reminded that only high school students and adults should be allowed on the playing field or in the team area during high school competitions. Due to liability issues this policy will be enforced at all tournament sites and we encourage schools to check their individual liability policies with regards to this issue.

**Varsity Timers**—It is recommended that adults be used as timers at all varsity contests.

**Ejected Coach**—Any coach ejected from a contest must complete the NFHS video *Teaching and Modeling Behavior* prior to returning to the sideline. The video is available at [www.nfhslearn.com](http://www.nfhslearn.com).

**Pre-Participation Physical Exam (PPE)**—The MPA Sports Medicine Committee recommends that all athletes be examined every other year beginning in the sixth grade. The PPE form was recently updated. To view the updated form, please click [HERE](#).

**Sudden Cardiac Course**—The NFHS has developed a new "Sudden Cardiac Course" that is now available free of charge at [www.nfhslearn.com](http://www.nfhslearn.com). Schools are encouraged to have all coaches view this video. The MPA Sports Medicine Committee will be recommending that this course be mandated for all coaches beginning in 2016.

**Cooperative Individuals**—It is still permissible for schools with students wishing to participate as individuals with another school in the sports of cross country, golf, ski, swim, tennis, track (in-

door or outdoor), or wrestling to do so as "Cooperative Individuals." A school must submit a Cooperative Individual Application prior to the first countable contest.

**Middle School Students Practicing with High School Teams**—Middle school students are not allowed to practice with a high school team without risking the loss of one year of eligibility. Those schools with 60 or fewer students in a particular gender are exempt from this rule.

**Cooperative Teams: Individual Sports**—Schools may now form cooperative teams in the following sports: Cross Country, Golf, Ski, Swim, Tennis, Track (Indoor and Outdoor), and Wrestling,

Schools must submit an application for a cooperative team six months prior to the start of the sport season.

**Unified Basketball**—The MPA, in partnership with Special Olympics Maine, is pleased to invite schools to participate in the second year of the MPA Unified Basketball Program. Schools planning to participate this winter are asked to please submit an intent to participate to the Special Olympics Maine office prior to October 30, 2015. This will allow for the formal application process, including the financial assistance request, to be completed in a timely fashion.

Please click [HERE](#) to access the "Intent to Participate Form."

**Emergency Action Plans (EAP)**—A reminder going into the fall season with many teams practicing and playing at facilities that may be off school grounds that it is crucial that each facility have an Emergency Action Plan in place. The MPA Sports Medicine Committee urges every school to use the "Save-A-Life Program" that was developed in Minnesota and has been endorsed by the NFHS Sports Medicine Committee. Each school should have received a copy of the program with their fall rulebook order.

If your school did not receive a copy please contact Tammy McNear at [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc).

## Approved Game Balls

The following is a list of MPA approved balls for 2013-2018:

### Fall

Soccer - Wilson Avanti

Field Hockey—Penn Monto White Field Turf Ball

Football—Wilson GST

Volleyball—Wilson i-Core Leather

### Winter

Boys Basketball—Spalding TF1000 Legacy

Girls' Basketball—Spalding TF1000 Legacy 28.5

### Spring

Baseball—Rawlings R100NF

Softball—Dudley SB12 YFP (Red Stitch)

Lacrosse—Onyx White Turf (boys) Yellow Turf (girls)

Tennis—Wilson Championship Ball

The MPA is proud to announce, once again, that the

*Brewer Federal Credit Union*

*Coca-Cola Bottling Company of Northern New England*

*Maine Army National Guard*

*Maine Bureau of Highway Safety*

*Maine Dairy Promotion Board*

*NFHS Network / PlayOnSports*

*Spalding/Russell Sporting Goods*

*Lifetouch Photography*

*Wilson Sporting Goods*

are valued corporate sponsors.

## MPA Congratulates Spring Sports Champs

| <i>Class</i>         | <i>Champion</i> | <i>Runner-up</i> | <i>Class</i>                    | <i>Champion</i> | <i>Runner-up</i> |
|----------------------|-----------------|------------------|---------------------------------|-----------------|------------------|
| <b>Baseball</b>      |                 |                  |                                 |                 |                  |
| <b>A</b>             | Bangor          | So. Portland     | <b>A</b>                        | Messalonskee    | Scarborough      |
| <b>B</b>             | Greely          | Camden           | <b>B</b>                        | Yarmouth        | Hermon           |
| <b>C</b>             | St. Dominic     | Bucksport        | <b>C</b>                        | Bucksport       | Telstar          |
| <b>D</b>             | Searsport       | Stearns          | <b>D</b>                        | Richmond        | Stearns          |
| <b>Lacrosse</b>      |                 |                  |                                 |                 |                  |
| <b>A Boys</b>        | Brunswick       | So. Portland     | <b>A Boys</b>                   | Falmouth        | Mt. Ararat       |
| <b>A Girls</b>       | Marshwood       | Messalonskee     | <b>A Girls</b>                  | Falmouth        | Lewiston         |
| <b>B Boys</b>        | Cape Elizabeth  | Yarmouth         | <b>B Boys</b>                   | Cape Elizabeth  | Camden           |
| <b>B Girls</b>       | Yarmouth        | Kennebunk        | <b>B Girls</b>                  | Greely          | Mount Desert     |
| <b>Outdoor Track</b> |                 |                  |                                 |                 |                  |
| <b>A Boys</b>        | Lewiston        | Scarborough      | <b>C Boys</b>                   | Waynflete       | George Stevens   |
| <b>A Girls</b>       | Thornton        | So. Portland     | <b>C Girls</b>                  | NYA             | Van Buren        |
| <b>B Boys</b>        | York            | Belfast          | <b>Girls' Singles</b>           |                 |                  |
| <b>B Girls</b>       | Waterville      | York             | 1. Olivia Leavitt, Falmouth     |                 |                  |
| <b>C Boys</b>        | Orono           | Lisbon           | 2. Bethany Hammond, St. Dominic |                 |                  |
| <b>C Girls</b>       | Orono           | Traip            | <b>Boys' Singles</b>            |                 |                  |
|                      |                 |                  | 1. Isaac Sales, Waynflete       |                 |                  |
|                      |                 |                  | 2. Nick Mathieu, Mt. Ararat     |                 |                  |

## 2015 Fall Championships

**Golf**—October 10 (Team), Natanis Golf Course, Vassalboro, and October 17 (Individual), Natanis Golf Course, Vassalboro.

**Field Hockey**—October 31, University of Maine, Orono.

**Cross Country**—October 31, Twin Brook, Cumberland and Troy Howard Middle School, Belfast.

**Volleyball**—October 30-31, Class A, South Portland High School, and Class B, MDI.

**Soccer**—November 7, Classes A and B, Fitzpatrick Stadium, Portland and Classes C and D, Presque Isle Middle School.

**Football**— November 20, Class D, University of Maine, Orono, and November 21, Classes A, B, and C, Fitzpatrick Stadium, Portland.

**Congratulations** to the following Maine athletic administrators who serve on National Interscholastic Athletic Administrators Association committees:

**Jeff Benson**, Oxford Hills Comprehensive High School, CMAA, NIAAA, Endowment Committee.

**Gerry Durgin**, (MPA Staff), CMAA, Chair of Accreditation.

**Jeff Ramich**, Brunswick High School, CAA, NIAAA Strategic Plan.

**Susan Robbins**, Yarmouth High School, CMAA, Chair of Awards.

**Todd Sampson**, Mt. Ararat High School, CMAA, Chair of Credentials.

**Gary Stevens**, Thornton Academy, CMAA, Board of Directors.

## Charter School Eligibility

Students that attend a state approved charter school are eligible to participate in extracurricular activities not offered by that charter school at the non-charter public school within the attendance boundaries of which the custodial parent resides as long as the school adding the charter students has the "capacity" to provide the student with the opportunity. The DOE has defined "Capacity" as not having to buy additional uniforms or add an additional bus.

Schools may not impose additional requirements on charter school students that are not imposed on regularly enrolled students and any fees that are charged must also be assessed to regularly enrolled students. Public charter schools must pay a reasonable share of the non-charter school's cost for the activity as determined through negotiations between the schools involved. If approval for participation is withheld by the superintendent of the school administrative unit, the superintendent must provide a written explanation to the student or the student's parents or guardian stating the reason or reasons for the decision.

Click [HERE](#) for a sample Charter School participation application.

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## NFHS Network

The MPA is pleased to announce that again this fall, the NFHS Network, an all-digital network provided by Play-On Sports, devoted to the coverage of high school sports, performing arts, and other activities will once again be providing live stream coverage for the cross country, volleyball, field hockey, and soccer championships. The four state football championships will once again be televised on WABI.



## Maine Delegation to 2015 New England Student Leadership Conference

### *Fifth Annual Leadership Conference*

Forty-two students from across Maine attended the New England Leadership Conference held July 14 - 17, 2015 at Stonehill College. Dick Durost (Executive Director), Mike Burnham (Assistant Executive Director, MPA), Mike Archer (Athletic Administrator, Orono High School), and Tim Tweedie (Teacher/Coach, Houlton High School) were the adult delegates.



Students attended three days of conference agendas. The sessions were broken down into: General Sessions (speakers), Breakout Sessions, Elective Sessions, State Meetings, and Community Service Projects. The breakout sessions centered around the following topics: Positive Values and Perspective, Sportsmanship and Respect, and Teamwork and Healthy Lifestyles. All students received a spiral bound booklet where they kept a diary of notes on each topic. Students could record their respective ideas as well as do self-assessments in all of the content areas. When attending the sessions, our state students had the opportunity to work with students from Massachusetts, Rhode Island, Connecticut, Vermont, New York, and New Hampshire.

During the State Meeting times, the Maine student delegates brainstormed ways to take an active leadership role in their schools and state. Their major focus was a Student Advisory Council that would be associated with the Maine Principals' Association (a committee). Their ideas were to discuss and implement: 1.) Create an application process for SAC; 2.) Set the date and time for meetings in each location; and 3) Utilize Social Media.

Students will attend the MPA Golf Tournament. Monies raised from the tournament on September 13, 2015 will go towards student scholarships and the statewide Student Advisory Council.

Overall the Maine students did a very good job and represented themselves, their schools, communities, and us – WELL! They were very involved and active!

## MPA Golf Tournament



The MPA 3rd Annual Golf Tournament will be held on Sunday, September 13, 2015 at Belgrade Lakes Golf Course. Registration forms may be found by clicking [here](#). Monies raised from this event will go directly towards student scholarships and the MPA Student Advisory.

### 2015-16 ~ Basic

| Sports       | V     | JV    |
|--------------|-------|-------|
| Baseball     | 61.00 | 43.00 |
| Basketball   | 69.50 | 49.00 |
| Cheerleading | 69.50 | 49.00 |
| Field Hockey | 61.00 | 43.00 |
| Football     | 69.50 | 49.00 |
| Ice Hockey   | 69.50 | 49.00 |
| Lacrosse     | 69.50 | 49.00 |
| Soccer       | 67.50 | 47.50 |
| Softball     | 58.50 | 41.00 |
| Swim         | 52.50 | ---   |
| Volleyball   | 60.00 | 42.00 |
| Wrestling    | 66.50 | ---   |

The fee for all regional tournament games, in all sports, is to be one hundred twenty-five percent (125%) of the regular season basic fee.

The fee for all state championship games, in all sports, is to be one hundred fifty percent (150%) of the regular season basic fee.

## School Based Broadcast Program

Play-On Sports/NFHS Network are encouraging schools interested in developing a school based broadcast program to contact them at [sbp@nfhsnetwork.com](mailto:sbp@nfhsnetwork.com) to start a program. Membership allows schools to produce and broadcast any game or event being held at the school. The program could also be developed by a league with as many, or as few games, being broadcasted.

## Officials Needed

Athletic administrators and coaches are asked to encourage high school seniors to consider becoming a sport official. All official groups in Maine are in need of new officials and it is a great opportunity for those students going off to college to stay involved in sports, to earn some spending money, and find a way to stay active and fit while working with kids and schools at the same time. For more information, please contact the MPA office to obtain information on how to become an official.

## Congratulations . . .

Congratulations to the following Maine people who serve on the National Federation of State High School Associations Committees:

- \* Baseball—Dan Deshaies
- \* Basketball—Peter Webb
- \* Cheerleading—Denise Gelinis
- \* Citizenship and Equity—Mike Burnham
- \* Lacrosse (Boys Officials' Representative)—Donald Glover
- \* Lacrosse (Girls Officials' Representative)—Susan Perkins
- \* National Foundation—Dick Durost
- \* Sports Medicine—Dr. William Heinz, Chair
- \* Swim—Scott Morrison
- \* Volleyball—Gerry Durgin
- \* Wrestling—Marty Ryan

## NFHS Concussion Course Reaches Two Million Mark

Two million concussion courses have now been taken by coaches and other individuals since the National Federation of State High School Associations (NFHS) and the Centers for Disease Control and Prevention (CDC) launched the online course in May 2010.

The course – "*Concussion in Sports*" – was taken for the two-millionth time earlier this month through the NFHS Learning Center at [www.nfhslearn.com](http://www.nfhslearn.com). This milestone comes just two years after the course hit the one million mark in August 2013. The free online course aims to educate coaches and others on the significance of concussions, how to recognize their signs and symptoms, how to respond to a suspected concussion, and the proper steps to help players return safely after recovering.

"We are very pleased with the extensive reach of our concussion course," said Dan Schuster, director of coach education at NFHS. "It is great to see that so many coaches, students, administrators, parents, officials, and others are taking advantage of this great resource and learning how to recognize the signs and symptoms of concussions."

The NFHS and its Sports Medicine Advisory Committee (SMAC) have worked with the CDC on recent updates to the concussion course. New materials include new videos as well as return-to-play guidelines. To complete the course, users still take pre- and post-tests that provide immediate feedback and create a better learning experience.

The testing method has proved to be an effective educational tool, with 21 percent receiving a perfect score on the pre-test to 60 percent receiving a perfect score on the post-test, according to a recent study published in the Journal of Head Trauma and Rehabilitation.

Bill Heinz, M.D., chair of the NFHS SMAC and co-founder of the Maine Concussion Management Initiative, is the new on-screen host of the concussion course, replacing Michael Koester, M.D., former chair of the NFHS SMAC.

"Dr. Koester was a great leader in helping develop the original course," Schuster said. "The NFHS would like to take this opportunity to express our appreciation and thank him for his service. Dr. Heinz has done a tremendous job with revisions to the course and his leadership has been invaluable."

Starting with the Fall of 2016 all MPA certified coaches must complete the updated NFHS Concussion Course.

*This press release was written by Brandon Jones, a summer intern in the NFHS Publications and Communications Department and a junior at Indiana University Bloomington.*

## MPA Hall of Excellence

The MPA is pleased to enter the third year of the "MPA Hall of Excellence" sponsored by Lifetouch Photography. The 2015-2016 nominations are now being accepted for individuals that have exemplified the highest standards of educational leadership, citizenship, ethical conduct, and moral character. The "Hall of Excellence" will honor the contributions and accomplishments of those individuals that have made significant contributions in the State of Maine. There will be five categories under which nominations may be submitted: 1) School Administrators—principal, assistant principal, athletic administrator, or superintendent; 2) Athletes/Activity Participants—former student participants that have had significant achievement in any MPA-sponsored educational-based activity; 3) Coaches/Advisors—coaches, advisors, and directors that have made significant and lasting contributions in MPA-sponsored high school activities; 4) Officials—game officials, judges, and adjudicators who have made significant and lasting contributions to school-based activities; and 5) Contributor—those individuals that have made contributions in some capacity other than those previously mentioned (example: may include media [print or electronic], sports medicine [athletic trainer, school nurse, school physician], state association staff or community person [booster, board member] that have had a statewide impact on educationally based activities.

Nomination forms, as well as a description of the "MPA Hall of Excellence," may be found by [clicking here](#).

### Congratulations to . . .

**Dick Durost**, MPA Executive Director and **Alfred "Bunky" Dow**, Athletic Administrator at MDI, as both gentlemen will be inducted into the *Maine Sports Legends Hall of Fame* in October.

## Full Contact Practice

With the new football practice guidelines regarding full-contact practices it is important to define what full-contact means.

**"Thud" vs. "Full-Contact"**—Emerging data shows that repetitive blows to the head has the potential for adverse cognitive, emotional and/or neurologic effects. To assist schools implement the new "full-contact" rules it is important to clearly define what full contact means.

**"Thud"**—Drill is run at assigned speed through the moment of contact; no pre-determined "winner". Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

**"Full-Contact"**—Drill is run in game-like conditions and is the only time that a player may be taken to the ground.

## Cancer Awareness Games

Greetings from the American Cancer Society. We are pleased to be able to work with the Maine Principals' Association and reach out to all Maine schools regarding a couple of programs. I've also contacted your football coach in regards



to our **NFL Crucial Catch** campaign that raises donations and awareness for the **Making Strides Against Breast Cancer initiative**. I'd like to

garner your support of these programs and would appreciate you encouraging your coaches to participate this season.

**Coaches vs. Cancer** and **NFL Crucial Catch** games are easy to coordinate and provide the opportunity for your coaches, teams, and players to give back to the community and support cancer patients and their families. Donations raised at these events enable the American Cancer Society to offer free programs and services that help people fight cancer with courage and optimism, provide day-to-day help, emotional support, and 24-hour information to help ease the cancer experience. Additionally, contributions provide the Society with much-needed dollars to educate people about the importance of cancer prevention and early

detection and advocate for meaningful public health policies that benefit the community. Most importantly your support means we can continue to fund the life-saving research which is critical to our mission of creating a world with less cancer and more birthdays!

Please contact me to for more information and to get your school involved in the fight against cancer. I'm here to provide fundraising and awareness ideas, promotional materials, and to support your coaches and teams as they plan their events.

**Coaches vs. Cancer** is making a difference by helping spread awareness, raise funds, and assist those affected by cancer. I hope your school will join us this fall and help create that world with less cancer and more birthdays! Give me a call at 207-344-9495 or shoot me an email with any questions or to schedule your fall game. Thank you for your consideration!

~ *Brian Casalinova, Community Manager, Special Events, New England Division, American Cancer Society, Inc., Topsham, ME 04086 . Phone: 207-373-3718; Mobile: 207-344-9495.*



## Sideline Cheer

There seems to be confusion around what is acceptable during the fall cheer season.

The fall season is not to be a preparation season for the winter/competition season. This season should be for promoting school spirit. The fundamentals of cheerleading can be used to promote school spirit and to get the crowd involved in supporting the team(s) that they are cheering for throughout the season. Remember, the advanced/elite skills are not necessary when trying to promote school spirit. The Maine Principals' Association expects all cheer coaches in Maine to abide by the National Federation Rules throughout the season. Additionally, there are rules such as twist dismounts and basket tosses put in place by the MPA Cheering Committee that are not permitted on grass (real or artificial) or rubberized tracks. These skills should be eliminated entirely during the fall season. Mats should not be taken out by the fall teams to perform these skills. These rules are in place to help prevent injuries. The intent is not to ground all fall cheer teams but rather to focus on the athletes safety throughout the season. If a team is reported intentionally violating a cheer rule such as stunting on wet grass, performing basket tosses, wearing jewelry, etc., the situation will be investigated by the MPA. If found that this team is intentionally violating the rule(s) that are in place, then that team will be ground bound for the remainder of the season. So if in doubt of the legality of something, then do not have your team perform the skill(s).

Lastly, teams should be aware of the conditions of the performing surface that they are cheering on during practice, warm-ups, and at games. Warm days and cool nights usually create a surface that is wet and slippery. These wet surfaces are unsafe to stunt and tumble on during practices and at games, especially in the evenings. Please consider the potentially dangerous cheer surfaces before putting valuable time in a routine that is unable to be performed due to weather conditions during game time.



## "Top Ten Sports Law Issues" Impacting School Athletic Programs

1. Concussion Management and Return-To-Play Protocols
2. Liability for Sports Injuries and the Duties of Athletics Personnel
3. Social Media Issues and School Authority to Sanction Student-Athletes
4. Constitutional Rights of Student-Athletes
5. Hazing in Athletics Programs
6. Sexual Harassment in Athletics Programs
7. Transgender Policies for Athletics Programs
8. Disabilities Law Applied to Athletics Programs
9. Title IX & Gender Equity in Athletics Programs
10. Retaliation Against Complainants

You will also see a list of "Other Sports Law Issues Affecting School Athletic Programs."

—By: **Lee Green**  
*High School Today,*

**Publication of the National Federation of State High School Associations**  
May 2015, pp 14-16.

## Spinal Injuries

*NFHS SMAC Update Regarding the NATA Document on the Care of the Spine Injured Athlete - August 12, 2015*

As many of you are aware, on June 24, 2015 the National Athletic Trainers' Association (NATA) issued a document entitled "*Appropriate Care of the Spine Injured Athlete*." We applaud the NATA for addressing this critical issue, and working to update the original consensus statement from 1998. At the NFHS Annual Summer Meeting, which was held during the week following the NATA document release, Bob Colgate and I included the highlights of the NATA document in my NFHS Sports Medicine Forum talk. Subsequently, the NATA announced that the document had not been fully vetted by all participating organizations, and the NATA has now issued a proposed revision that changes Recommendation 4.

I still feel the overall directions and positions taken by the NATA document are correct and represent a "best practices" approach to the care of the spine injured athlete. I also support the proposed revision of the language in Recommendation 4 of the NATA document which adds "when appropriate, protective equipment may be removed prior to transport." It is critical that when and if they are on site, the team physician, athletic trainer and all members of the medical staff and EMS use their best clinical judgment to decide if helmet and shoulder pad removal should be performed on the field of play or within an emergency department. That being said, it is not realistic for all high schools across the country to be held to the same standards of staffing and personnel as professional teams or NCAA Division I universities. At many high school games, there are not enough trained personnel to safely remove equipment on the field. Therefore, in line with the proposed revision from the NATA, the responsible persons should use their best judgment and proceed accordingly.

~ *William M. Heinz, M.D.*

*Chair, NFHS Sports Medicine Committee and  
MPA Sports Medicine Committee*

## How to Avoid Hyponatremia

By *Michael F. Bergeon, Ph.D.,  
FACSM*

Ample hydration before and during practice and play is key for safety and optimal athletic performance, especially in the heat. However, the recent death of a high school football player reportedly from drinking far too much fluid, in an apparent attempt to resolve his muscle cramping, is a grim reminder that over-hydration, while rare, should never be encouraged or dismissed as harmless.

Ready access to water and sports drinks during practice and competition is always recommended for any athletic or other strenuous physical activity. But drinking too much in a short period of time—in this tragic case, reportedly two gallons of water and two more gallons of a sports drink—can be far more than the body can handle. As a result, too much water in the blood can lead to brain swelling followed by seizure, coma, and even death. This potentially deadly condition is called *hyponatremia*. Early symptoms typically include headache and nausea; although an athlete could be feeling this way for other reasons.

### How can you avoid hyponatremia?

- All student-athletes have the responsibility to be well-hydrated (normal body weight and light-colored urine) and well-nourished prior to training or competing. Regular fluid intake during practice and games/matches should be a priority, especially in the heat. Weighing oneself before and after practice with minimal clothing provides a good indication of how well you managed offsetting your sweat loss. The goal is to drink regularly to thirst. If you begin well-hydrated, a small pre- to post-practice/competition weight loss is okay. A weight gain shows that too much fluid was consumed.

- Those selected and notably fewer athletes who sweat excessively and/or have a history of muscle cramping may have to add some salt to their diets and sports drinks when training and competing in the heat. This helps the body to hold onto fluid and reduces the risk of muscle cramping caused by large sweat sodium losses.

**Bottom line: Hydrate regularly and wisely – but don't overdrink!**

# Standards Based Academic Eligibility

This past year an ad hoc committee wanted to update the MPA Academic Eligibility Policy to reflect a standards-based grading system. Thanks to committee members: Duke Albanese, Great Schools Partnership, Marty Ryan, MIAAA Executive Director, Rick Amero, Principal, Monmouth Academy, Pat Doyle, Principal, Oak Hill High School, Eric Waddell, Principal, Traip Academy, Brendan Scully, Athletic Administrator, Massabesic High School, and Jim Leonard, Athletic Administrator, Maine Central Institute.

Below please find the revised MPA Eligibility Policy that was recently updated by an ad hoc committee.

## Student Eligibility

A student shall be eligible to participate in any interscholastic secondary school athletic contest:

- A. Who meets the eligibility rules established by the local school authorities.
- B. Who is regularly enrolled in the school which he/she represents.
  1. To be considered regularly enrolled, a student must be fully enrolled and academically active in the school which he/she represents. An academically active student must be pursuing a program of studies approved by the principal and superintendent of schools. Exception: At the end of the current grading period a student, who has met all school requirements for graduation and will not receive/accept a diploma until the school's graduation date, may complete the sports season even though he/she is no longer a regularly enrolled student. All other MPA and local policies will be adhered to. (Revised 11/16/06)
  2. Students in grade 9 in separately organized junior high/middle schools are eligible to participate in the varsity athletics program of the senior high school in their school administrative unit. This rule does not prevent schools from limiting student participation in varsity athletics to the programs of the schools in which the students are enrolled.
  3. In order to make possible the formation of all interscholastic athletic teams in smaller secondary schools, a student may be drafted from grade eight (8) of the same school system provided that such student is in satisfactory physical condition and provided that the secondary school using the student does not have an enrollment of greater than sixty (60) girls or sixty (60) boys. It is further understood that this extra year of athletic competition does not penalize such students under the eight semester rule.
  4. Homeschooled students will be exempt from the enrollment rule (Article II, Section 2, Paragraph B) if their equivalent instruction program has been approved as outlined in Maine Law. Homeschooled students must meet all other eligibility rules in Article II, Section 2, of the MPA Bylaws.
  5. Out-of-district placement students shall be exempt

from the regular enrollment provisions of Article II, Section 2 (B)(1) and may participate in the interscholastic program of the school in which they are placed if the following provisions are met: (1) the school accepting the out-of-district placement student requests a waiver from the Committee on Eligibility; (2) the waiver request is accompanied by a written consent from the principal of the sending school that a waiver should be granted; and (3) the Committee on Eligibility determines that it is in the best interests of the student to participate in the interscholastic program of the receiving school. For purposes of this paragraph, "out-of-district placement students" shall be defined as students placed by the PET process in a private special purpose school, as defined by the Maine Department of Education regulations.

- C. Who competes using his/her own name, substantiated by a birth certificate. Otherwise, a student is ineligible for nine weeks from the time it is discovered a false name was used.
- D. Who has refrained from participating on an outside team to which objection is made by local school authorities. A violator shall be ineligible for nine weeks after the date of discovery of participation.
- E. Who is under twenty years of age at the time of participation.
- F. Who has maintained undergraduate status in a four-year program in a Maine secondary school or its equivalent as outlined in the MPA Constitution, Article II, Section 3.
- G. Who has yet to fulfill eight full semesters at an approved secondary school or its equivalent.
  1. A student is only eligible to compete for the first eight consecutive semesters after he or she first enrolls as a freshman in a four-year senior high school, or in the ninth grade in a junior high/middle school.
  2. Upon application by a student's principal, the Committee on Eligibility of the Maine Principals' Association may grant no more than eighteen consecutive weeks of additional eligibility upon a satisfactory showing that:
    - a. A student has failed one or more semesters because of absence due to illness.
    - b. A student has been absent one or more semesters because of required military service.
    - c. A student withdrew from school in order to assume full financial responsibility for the support of the family because of illness or incapacity of a parent.
    - d. Special circumstances warrant an exception. Such cases will be reviewed on an individual basis.

**EXPLANATION:** The eight semester rule refers to eight

*Continued on Page 9*



## Standards Based Academic Eligibility... (Continued from page 8)

consecutive semesters in time; it does not necessarily refer to eight semesters of attendance or competition. For example, a student who registers as a freshman in September 2012, is eligible to compete in interscholastic athletics insofar as this rule is concerned until the close of the school year 2016. The pupil is not eligible to compete after that date unless the student is granted added eligibility by the Committee on Eligibility.

If a student who enrolls as a freshman in September 2011 is forced to be absent from school to work to support his/her family during the school year of 2012-2013 and returns in September 2013 as a sophomore, he/she would then be a senior in September 2015 and would be ineligible, since the date of the termination of his/her eligibility is set the day he/she enrolls as a freshman. This date is eight semesters from his/her enrollment as a freshman.

3. If a student is granted an additional semester of eligibility, such eligibility may be given for any eighteen consecutive weeks, not necessarily concurrent with a semester, during the student's fifth year of attendance at the specific request of the school.
  4. No student who has been enrolled in grades 9, 10, 11, 12 inclusive, in any approved school, shall participate in the same athletic activity for more than four seasons except that this does not apply to the eligibility rule affecting small schools who are permitted to use eighth grade students when there are not more than sixty boys or girls in grades 9-12.
  5. It is the responsibility of each school principal to verify the eligibility of each student at the beginning of each semester or equivalent.
- H. Who has demonstrated proficiency in the equivalent of four (4) courses and/or school approved learning experiences or an equivalent set of courses and learning experiences leading to graduation during the preceding ranking period. Eligibility for fall activities will be based on demonstrated academic performance during the fourth quarter of the preceding academic year. Incoming ninth-grade students are exempt from fourth quarter grades.
1. Failure to demonstrate proficiency in four courses and/or school approved learning experiences shall render a student ineligible for a period of time determined by the local school.
  2. The record at the end of the grading period shall be final and scholastic deficiencies may not be removed for the purpose of meeting minimum eligibility requirements except:
    - a. For those grades/credits earned in a regular accredited summer school/credit recovery program accepted by the school district;
    - b. Incomplete grades which may be made up for credit during the first five (5) weeks of the subsequent grading period.
  3. It is understood that homeschooled students will have completed and passed the equivalent of four (4)

full-time subjects which meet the requirements of the approved home school program of instruction in the most recently completed quarter.

4. It is understood that a special education student will not be denied participation in interscholastic activities solely because the student is enrolled in a reduced course load when the reduced course load is due to the student's exceptionality, provided that the student is satisfactorily completing the requirements of the educational component of an individual education plan and is otherwise in compliance with the plan. It is further understood that the special education student not satisfactorily completing the educational components of an individualized plan or is not otherwise in compliance with the plan shall have his/her eligibility status determined in the same manner as the eligibility of a non-special education student who is not satisfying the applicable academic standards.
  - I. A student who is otherwise eligible, but who was not enrolled in a given secondary school during the preceding semester, shall be considered eligible provided the pupil:
    1. Carried successfully during the preceding semester of attendance at another approved secondary school or its equivalent, the minimum scholastic requirement for eligibility of the receiving school.
    2. Completed successfully the work of an elementary or junior high school during the preceding semester.
  - J. A student who fails to qualify, comply, or conform with the eligibility provisions, or who violates these eligibility provisions shall be ineligible to compete in any interscholastic secondary school athletic contest.
  - K. A student transferring to a member school may be added to a varsity eligibility roster if the student is enrolled and in full attendance no later than the opening date that countable games may be played, assuming the student meets all other local and MPA eligibility rules. Students not meeting the deadline cannot be added to the varsity eligibility roster during the remainder of that sport season. Example: If the opening date for countable games is Saturday, September 5, 2015, transfer students must be enrolled and in full attendance no later than Friday, September 4, 2015.

*Adopted by the Interscholastic Management Committee: April 27, 2005*

*Attached are two versions of sample eligibility policies for districts to consider. Version A includes a standards-based GPA requirement, while Version B relies on course completion and demonstrated proficiency without the use of a GPA. Districts will need to determine which version is best suited to their policy goals and academic programs.*

*Please click below to view the two sample eligibility policies: Click [HERE](#) - Version A and Click [HERE](#) - Version B.*

# 2015 Spring Sportsmanship Banner Winners

## Baseball

|        |                  |
|--------|------------------|
| A East | Oxford Hills     |
| A West | Bonny Eagle      |
| B East | Mount View       |
| B West | Poland           |
| C East | Lee Academy      |
| C West | Mt. Abram        |
| D East | Bangor Christian |
| D West | NYA              |

## Lacrosse

|              |             |
|--------------|-------------|
| A East Boys  | Cony        |
| A East Girls | McAuley     |
| A West Boys  | Bonny Eagle |
| A West Girls | Noble       |
| B East Boys  | Mt. Blue    |
| B East Girls | Freeport    |
| B West Boys  | Fryeburg    |
| B West Girls | Fryeburg    |

## Softball

|        |              |
|--------|--------------|
| A East | Lewiston     |
| A West | Windham      |
| B East | Waterville   |
| B West | Freeport     |
| C East | Orono        |
| C West | Lisbon       |
| D East | Hodgdon      |
| D West | Forest Hills |

## Tennis

|              |              |
|--------------|--------------|
| A East Boys  | Mt. Blue     |
| A East Girls | Oxford Hills |
| A West Boys  | Marshwood    |
| A West Girls | Westbrook    |
| B East Boys  | Erskine      |
| B East Girls | Erskine      |
| B West Boys  | Gardiner     |
| B West Girls | Freeport     |
| C East Boys  | Orono        |
| C East Girls | Dexter       |
| C West Boys  | Winthrop     |
| C West Girls | Hall-Dale    |

## Outdoor Track

|              |                |
|--------------|----------------|
| A East Boys  | Messalonskee   |
| A East Girls | Messalonskee   |
| A West Boys  | South Portland |
| A West Girls | South Portland |
| B East Boys  | Erskine        |
| B East Girls | Erskine        |
| B West Boys  | Fryeburg       |
| B West Girls | Fryeburg       |
| C East Boys  | Orono          |
| C East Girls | Orono          |
| C West Boys  | Madison        |
| C West Girls | Traip          |



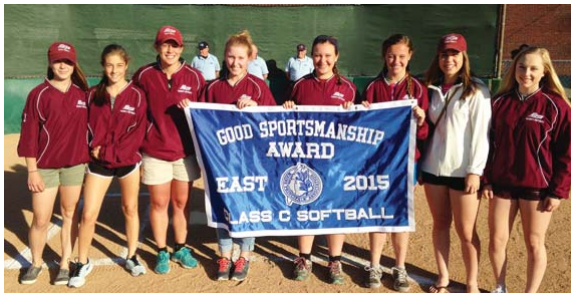
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Softball ~ Class BE~ Waterville Senior High School



Softball ~ Class CW~ Lisbon High School



Softball ~ Class CE~ Orono High School



Softball ~ Class DE~ Hodgdon High School



## 2015 Spring Sportsmanship Banner Winners (Continued) . . .



Baseball ~ Class CE ~ Lee Academy

Baseball ~ Class DE ~ Bangor Christian



Boys' Tennis ~ Class AW  
Marshwood High School



Girls' Tennis ~ Class AE  
Oxford Hills Comp. High School



Boys' Tennis ~ Class AE ~ Mt. Blue High School



Boys' Tennis ~ Class BE ~ Erskine Academy



Girls' Tennis ~ Class BW  
Freeport High School



Boys' Tennis ~ Class CE ~ Orono High School



Boys' Tennis ~ Class BW  
Gardiner Area High School



Girls' Tennis ~ Class CE ~ Dexter Regional High School

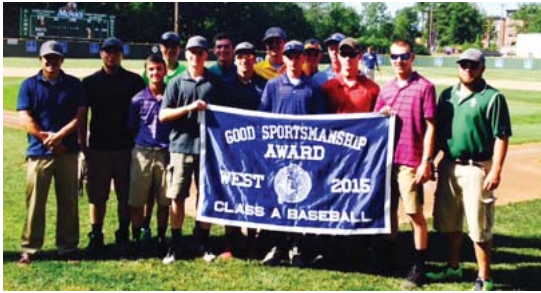
Girls' Tennis  
Class BE  
Erskine Academy



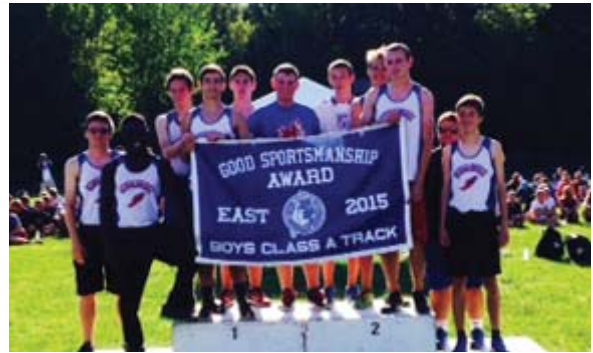
Girls' Tennis ~ Class CW  
Hall-Dale High School



## 2015 Spring Sportsmanship Banner Winners (Continued) . . .



Baseball ~ Class AW ~ Bonny Eagle High School



Boys' Outdoor Track ~ Class AE ~ Messalonskee High School



Baseball ~ Class DW ~ North Yarmouth Academy



Boys' Outdoor Track ~ Class AW ~ South Portland High School



Baseball ~ Class BW ~ Poland Regional High School



Girls' Outdoor Track ~ Class AW ~ South Portland High School



Girls' Outdoor Track ~ Class AE ~ Messalonskee High School